

2019

BIKE WALK & RUN

SUNDAY, MAY 26
AT UPPER SAUCON TOWNSHIP
COMMUNITY PARK



JOIN US FOR OUR
ANNUAL BIKE, WALK & RUN
BENEFITING THE JCC FITNESS DEPARTMENT

REGISTER AT THE JCC WELCOME DESK, BY CALLING
610.435.3571, OR ONLINE AT LVJCC.ORG/BIKE

RAFFLE

\$5/1 TICKET \$50/15 TICKETS
\$20/5 TICKETS \$75/30 TICKETS

RAFFLE DRAWINGS WILL TAKE PLACE
AFTER ALL EVENTS AT 12:00PM PRIZES
INCLUDE AN \$800 BIKE/BIKE CREDIT
FROM FITNESS CENTRAL AND MORE

START TIMES

7:30AM	50 MILE BIKE RIDE
8:30AM	36 MILE BIKE RIDE
9:30AM	20 MILE BIKE RIDE
10:30AM	10 MILE BIKE RIDE
	5K FUN RUN
11:00AM	FAMILY WALK

PRICES

\$36/ADULT
\$20/ADDITIONAL FAMILY
MEMBER
\$10/13 AND UNDER
\$10/SPECTATOR

INCLUDES EVENT T-SHIRT
AND FOOD

FOR MORE INFORMATION CONTACT NOLIE SCHNEIDER, FITNESS
MANAGER AT 610.435.3571 OR NSCHNEIDER@LVJCC.ORG



JCC OF THE LEHIGH VALLEY

702 N. 22ND STREET ALLENTOWN, PA 18104 | 610.435.3571 | LVJCC.ORG/BIKE

THE PARKLAND SCHOOL DISTRICT DOES NOT SPONSOR OR SANCTION THIS PROGRAM/EVENT/ACTIVITY.